

8 STEP TRAINING MODEL



PLAN

TRAIN THE TRAINERS

RECON THE SITE

ISSUE ORDER

REHEARSE

EXECUTE

EVALUATE THE TRAINING

RETRAIN

What is to be trained?
. Combat Focused PRT

What is the METL assessment?
. 8A OP1: Conduct Operational Movement and Maneuver

Who is to be trained?
3d MI Bn / Aco./ 1st PLT/ 2nd Sec.

Identify instructor/assistant instructor.
. SPC Devens (PI)/ SGT Kim(AI) .

Date training was planned:
. 01 JAN 2015

Date training will be executed:
. 14 JAN 2015

Is the training site coordinated? ☒
(confirmed 05 JAN)

Are all resources coordinated? ☒
(confirmed 09 JAN)

Materials/training aids required:
. Kettlebell, Med ball, 1/4m track .

Risk Assessment ?
. (Complete 03 JAN) ☒

Has the trainers training outline been reviewed? ☒
(Confirmed by SL SSG Smith- 02 JAN)

Is the trainer technically and tactically proficient? ☒
(Confirmed by SL SSG Smith- 02 JAN)

Does the trainer have/understand the task, conditions, and standards? ☒
(Confirmed by SL SSG Smith- 02 JAN)

Review references, IE; FMs ARTEPs, TMs, and soldier's manuals. ☒
(Confirmed by SL SSG Smith- 02 JAN)

Is the trainer's evaluation procedure in compliance with the training objective? ☒
(Confirmed by SL SSG Smith- 02 JAN)

Location of training:
Fitness Center (Confirmed by SL SSG Smith- 02 JAN)

Is the site ☒ suitable for the training? x
(Confirmed by SL SSG Smith- 02 JAN)

Is it easily accessible for emergency case? x
(Confirmed by SL SSG Smith- 02 JAN)

Has a OPORD been issued for the training? ☒
8A Policy Letter #19: (Confirmed by SL SSG Smith- 02 JAN)

Has the uniform for the training been briefed? ☒
(Confirmed by SL SSG Smith- 02 JAN)

Identify weak points in the training plan: ☒
(To be Checked by SL SSG Smith- 12 JAN)

Does the training flow? ☒
(To be Checked by SL SSG Smith- 12 JAN)

Is there sufficient time for the training? ☒
(To be Checked by SL SSG Smith- 12 JAN)

Are the training aids/material present and operational? ☒
(To be Checked by SL SSG Smith- 12 JAN)

Did you review pre-execution and pre-combat checks? ☒
(To be Checked by SL SSG Smith- 12 JAN)

Is the training conducted to standard? ☒
(Assessed by SL SSG Smith- 14 JAN)

Are soldiers for training accounted for.? ☒
(Assessed by SL SSG Smith- 14 JAN)

Is everyone in uniform? ☒
(Assessed by SL SSG Smith- 14 JAN)

Was there an evaluation done after the training execution? ☒
(Assessed by SL SSG Smith- 14 JAN)

Were the training objective/standards met? ☒
(Assessed by SL SSG Smith- 14 JAN)

What is the METL assessment? ☒
(Assessed by SL SSG Smith- 14 JAN)

Were the materials/training aids sufficient for the training? ☒
(Assessed by SL SSG Smith- 14 JAN)

Was an After Action Review done? ☒
(Assessed by SL SSG Smith- 14 JAN)

Are the training results recorded in the leaders book? ☒

Be prepared for opportunity training: ☒
(Assign by SL SSG Smith- 14 JAN)

Review references, IE; FMs ARTEPs, TMs, and soldier's manuals: ☒
(Assign by SL SSG Smith- 14 JAN)

Intervals

Intervals must be run as close to the prescribed “effort” as possible. The bottom line is to 1) finish the prescribed number of intervals, 2) maintain good running form throughout, 3) have essentially the same time for each interval, and 4) feel that you’ve challenged yourself.

SAW “LILLY”

Conditions:

1. Members of 3rdMI Bn/Aco/2ndPlt/2nd Sqd
2. 1x stopwatch
3. ¼-Mile Track

Exercises: Exercise			Weight	Distance/Time	Sets	Rest Phase
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Sprint	N/A	400 Meters	8	Walk 200 Meters		
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Sprint	N/A	200 Meters	6	Walk 100 Meters		
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Sprint	N/A	100 Meters	4	Walk 100 Meters		
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2 minutes rest

Forward Plank	N/A		1 Minute	1	15 Seconds
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Left Side Plank	N/A		1 Minute	1	15 Seconds
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Right Side Plank	N/A		1 Minute	1	10 Seconds
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1 minute rest, then repeat at 45 seconds for 2nd iteration and 30 seconds for 3rd

Core Development

Emphasis is on mastering the correct positions and movements using Core drills . Sloppy execution likely does more harm than good so maintain inner-core tension throughout the exercise

SAW KETTLEBELL AND MED BALL CORE, BACK, AND ARMS

Conditions:

1. Squad-Size Element
2. 6 x Kettlebells, 25-40lbs
3. 2 x Medicine Balls, 20lbs
4. 2 x Pull-up Bar
5. 1 x Stop Watch

Exercises:	Exercise	Weight	Repetitions	Sets
	Rest (sec)			
	laying medicine ball catch oblique's	12-20lbs	10 each side	30
	Kettle Bell Lunge	25-40lbs	10	30
	Kettle Bell high pull	25-40lbs	8-10	30
	Overhead Medicine Ball Toss	12-20lbs	10	30
	Standing figure eight with kettle bell	25-40lbs	10 L&R	30
	Swing and raise	25-40lbs	8-10	30
	kettle bell around the world	25-40lbs	10 L&R	30
	Renegade row with kettlebells	25-40lbs	6-8 L&R	30
	Pullups	N/A	8-10	30